

## GREAT WAYS WITH CHICKEN & DUCK



### *about* GREAT WAYS WITH CHICKEN & DUCK . . .

*You'll be delighted at the ways in which an economical chicken can be transformed into mouth-watering dishes for every-day meals, for parties, and for picnics. There are also some superb ways with duck for special occasions.*

*Ellen Sinclair*

*Ellen Sinclair, Food Editor  
Australian Women's Weekly*

**Chicken is one of the most versatile of all foods; it can be served in so many different and delicious ways. Here are famous ways with chicken from many countries, plus superb ways with duck.**



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## OVEN TEMPERATURES

### Electric Temperatures

	<i>Fahrenheit</i>	<i>Celsius</i>
Very slow	250	120
Slow	300	150
Moderately slow	325-350	160-180
Moderate	375-400	190-200
Moderately hot	425-450	220-230
Hot	475-500	250-260
Very hot	525-550	270-290

### Gas Temperatures

	<i>Fahrenheit</i>	<i>Celsius</i>
Very slow	250	120
Slow	275-300	140-150
Moderately slow	325	160
Moderate	350	180
Moderately hot	375	190
Hot	400-450	200-230
Very hot	475-500	250-260

Photography by Garry Isaacs



## INDIVIDUAL ROAST CHICKENS



4 875 g (1¾ lb.) chickens  
125 g (4 oz.) butter  
3 tablespoons flour  
2½ cups water

2 chicken stock cubes  
½ cup dry white wine  
½ teaspoon rosemary  
salt, pepper

Fill each chicken with prepared rice stuffing, secure openings with skewers. Melt butter in large baking dish, add chickens, brush each with the melted butter. Bake in moderate oven 45 minutes or until chickens are tender. Brush chickens frequently with pan juices. Remove chickens from baking dish; keep warm.

Pour off excess fat from baking dish, leaving approximately ¼ cup fat. Add flour to pan, stir until combined, cook 1 minute; add water, crumbled stock cubes and wine; stir until combined. Stir until sauce boils and thickens. Add rosemary, season with salt and pepper. Simmer sauce, uncovered, 5 minutes, strain. Allow one chicken per serving. Serve sauce separately.

**Serves 4.**

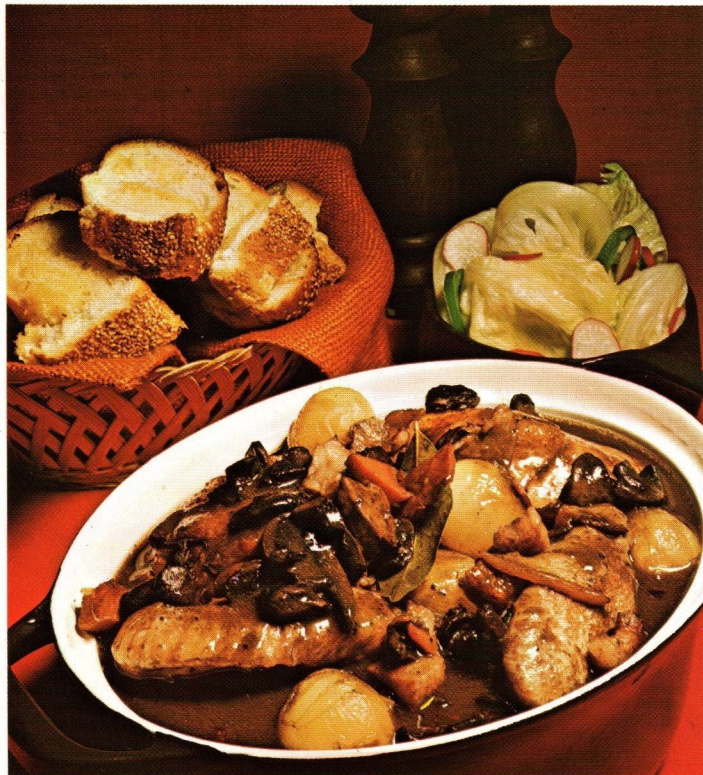
### RICE STUFFING

1½ cups uncooked rice  
30 g (1 oz.) butter  
1 large onion  
4 rashers bacon  
1 clove garlic

3 tablespoons chopped  
parsley  
salt, pepper  
½ teaspoon rosemary

Cook rice in large quantity of boiling salted water 12 minutes or until tender; drain. Heat butter in pan, add peeled and chopped onion, finely-chopped bacon and crushed garlic, saute until onion is tender. Put rice in bowl, add onion mixture, parsley, rosemary. Season with salt and pepper; mix well.

## COQ AU VIN



## COQ AU VIN

2 1 kg (2 lb.) chickens (or  
2 kg [4 lb.] chicken  
pieces)  
125 g (4 oz.) butter  
125 g (4 oz.) bacon  
12 tiny onions  
salt, pepper  
250 g (8 oz.) mushrooms

1 clove garlic  
½ cup flour  
2 chicken stock cubes  
2½ cups water  
⅓ cup brandy  
1½ cups dry red wine  
¼ teaspoon thyme  
½ teaspoon mixed herbs  
1 bayleaf

Joint chickens, cut into large serving-sized pieces. Heat 60 g (2 oz.) of the butter in heavy, shallow pan. Add peeled whole onions and diced bacon. Cook until onions are lightly browned. Remove from pan.

Add chicken pieces to pan drippings. Cook until well browned on all sides. Remove from pan. If pan is small, brown chicken pieces a few at a time. Add sliced mushrooms and crushed garlic to pan. Cook gently until mushrooms are wilted. Remove from pan. Add remaining butter to pan drippings.

When butter has melted, stir in flour. Stir until golden brown; do not allow to burn. Remove from heat. Add crumbled stock cubes, gradually stir in water. Blend well. Stir over heat until sauce boils and thickens. Add brandy, wine, thyme, herbs and bayleaf.

Transfer chicken, all vegetables and sauce to deep pan. Cover, bring to boil. Reduce heat, simmer 30 minutes or until chicken is tender. Season with salt and pepper. Remove bayleaf.

Coq au Vin can also be baked in moderate oven, covered, for 40 minutes or until chicken is tender.

Serve with hot garlic bread and tossed green salad.

**Serves 6.**



## CHICKEN AND ALMONDS



## CHICKEN AND ALMONDS

4 chicken breasts

1 teaspoon salt

1 tablespoon cornflour

1 egg-white

1½ tablespoons dry sherry

oil for deep frying

125 g (4 oz.) green beans

1 medium onion

4 sticks celery

1 red pepper

125 g (4 oz.) mushrooms

½, 375 g (12 oz.) can

water chestnuts

6 shallots or spring onions

60 g (2 oz.) toasted

almonds

2 tablespoons oil, extra

Bone chicken breasts, cut meat into 2.5 cm (1 in.) pieces or strips, combine with salt, cornflour, lightly-beaten egg-white and sherry in basin, mix well. Deep-fry chicken pieces in hot oil until just changing colour, drain.

String beans (or use quick frozen beans), dice onion. Cut beans, celery and pepper into strips, slice mushrooms. Drain water chestnuts, cut in half. Heat extra oil in large, heavy-based frying pan, add vegetables, saute until tender but still crisp, add chicken, heat thoroughly.

To serve, top with sauce, then toasted almonds, garnish with chopped shallots.

**Serves 4 to 6.**

### SAUCE

1 tablespoon cornflour

1 cup water

1 tablespoon soy sauce

1 chicken stock cube

1 tablespoon oyster sauce

1 tablespoon sherry

1 tablespoon tomato sauce

Blend cornflour with water and soy sauce, add crumbled stock cube, oyster sauce, sherry and tomato sauce. Stir over heat until sauce boils and thickens.

**CHICKEN BRAUN****CHICKEN BRAUN**

1 boiling or roasting chicken  
(with giblets)  
1 medium onion  
parsley  
salt, pepper  
1 tablespoon gelatine

2 tablespoons water  
¼ teaspoon ground nutmeg  
6 peppercorns  
2 hard-boiled eggs  
4 slices lean ham  
grated nutmeg

Joint chicken, place in large saucepan with all giblets, peeled and chopped onion, nutmeg, peppercorns, sprig parsley, and salt. Just cover with cold water, bring slowly to the boil. Remove any scum from surface, cover, simmer 1 hour or until tender.

Skin and remove meat from bones; cut meat into 2.5 cm (1 in.) pieces. Replace skin and bones in saucepan, boil till stock is reduced to 1¼ cups. Remove all fat from surface; strain and reserve stock. Sprinkle gelatine over the 2 tablespoons water, dissolve over hot water.

Sprinkle base of 1 litre (1¼ pint) plain mould with chopped parsley, arrange slices of hard-boiled egg decoratively; top with strips of ham and chicken in alternate layers. Sprinkle each layer with little grated nutmeg, pepper, and chopped parsley. Pour stock gently over to cover meat; refrigerate until set.

**Serves 6.**



## DEVILLED CHICKEN

## DEVILLED CHICKEN



1.5 kg (3 lb.) chicken pieces  
 2 tablespoons oil  
 1 large onion  
 2 cloves garlic  
 1 teaspoon oil, extra  
 2 tablespoons lemon juice  
 1 tablespoon grated lemon rind

1 cup tomato sauce  
 1 tablespoon brown sugar  
 1 teaspoon dry mustard  
 1 teaspoon curry powder  
 2 tablespoons vinegar  
 1 teaspoon soy sauce  
 salt, pepper

Saute chicken in hot oil until golden, remove from pan, drain, place in long flat casserole dish or baking dish.

Saute chopped onion and crushed garlic in saucepan in extra oil until transparent, add lemon juice, lemon rind, tomato sauce, brown sugar, mustard, curry powder, vinegar, soy sauce, salt and pepper. Cover, bring to boil, remove from heat, pour over chicken pieces.

Bake, covered, in moderate oven 1 to 1¼ hours or until chicken is tender.

**Serves 4.**

## CHICKEN PROVENCALE



## CHICKEN PROVENCALE

1.5 kg (3 lb.) chicken pieces

$\frac{3}{4}$  cup flour

salt, pepper

125 g (4 oz.) butter

1 onion

1 clove garlic

$\frac{1}{2}$  cup dry sherry

470 g (15 oz.) can tomato  
puree

60 g (2 oz.) black olives

chopped parsley

Roll chicken pieces in flour seasoned with salt and pepper. Heat butter in frying pan, add chicken pieces, saute until golden on all sides; transfer to casserole.

Add chopped onion and crushed garlic to remaining butter in frying pan, cook slowly until soft. Add sherry to pan, boil 1 minute, add tomato puree, stir until boiling, add salt and pepper, pour over chicken.

Cover, bake in moderate oven 1 hour or until chicken is tender. Add black olives, sprinkle with chopped parsley.

**Serves 4.**



## CHICKEN IN NECTAR



## CHICKEN IN NECTAR

1.5 kg (3 lb.) chicken pieces  
1 packet french onion soup

470 g (15 oz.) can apricot  
nectar  
salt, pepper

Combine apricot nectar, dry soup powder, salt and pepper. Place chicken pieces in casserole dish, pour over liquid.

Cover, cook in moderate oven 1 hour; uncover and cook further 30 minutes or until chicken is tender. Serve with rice.

**Serves 4.**

## HONEYED CHICKEN

1.5 kg (3 lb.) chicken (or  
chicken pieces)

90 g (3 oz.) butter

Melt butter in baking dish, add chicken, brush well with butter, bake in moderately hot oven 45 minutes; baste frequently with the butter. Pour sauce over chicken, continue cooking for further 30 minutes, or until tender and golden brown. Baste chicken frequently with sauce during last 30 minutes.

**Serves 4.**

## SAUCE

4 shallots or spring onions  
1 teaspoon finely-chopped  
green ginger  
1 tablespoon honey

1 tablespoon soy sauce  
½ teaspoon salt  
½ cup dry sherry

Chop shallots finely, combine with remaining ingredients.

## PINEAPPLE DUCK



## PINEAPPLE DUCK

2 1.25 kg (2½ lb.) ducklings  
 60 g (2 oz.) butter  
 salt, pepper  
 2 chicken stock cubes  
 1 cup hot water  
 470 g (15 oz.) can pineapple rings  
 2 tablespoons cornflour

¼ cup brown vinegar  
 1 tablespoon soy sauce  
 ½ teaspoon prepared mustard  
 2.5 cm (1 in.) piece green ginger  
 ½ cup water, extra  
 30 g (1 oz.) butter, extra

Brush ducklings with melted butter. Place in baking dish, bake in moderate oven approximately 1¼ hours, or until tender, brushing occasionally with pan juices. Remove to hot platter, keep warm.

Drain fat from pan. Add crumbled stock cubes and hot water to pan. Place over heat, stir until boiling.

Drain pineapple, reserve syrup. Combine reserved pineapple syrup, vinegar and extra water, blend in cornflour. Add to the chicken stock. Stir until mixture boils and thickens. Add soy sauce, mustard and finely-chopped ginger, simmer 3 minutes; add salt and pepper.

Saute pineapple rings in the extra butter until browned on each side.

Allow half-duck per person. Serve with the pineapple rings. Serve sauce separately.

**Serves 4.**



## SAUCES FOR DUCK



## SAUCES FOR DUCK

Cook ducklings as for Pineapple Duck; when cooked, skim off fat from pan, strain pan juices and reserve for sauce. Serve with either of the following sauces:

### CHERRY SAUCE

*(shown in picture)*

- |                             |                                |
|-----------------------------|--------------------------------|
| 470 g (15 oz.) can cherries | ¼ cup port wine                |
| 1½ tablespoons arrowroot    | ¼ cup brandy                   |
| 1 teaspoon lemon juice      | 1 tablespoon red currant jelly |

Drain cherries, reserve syrup. Blend arrowroot with lemon juice, port wine and brandy, add cherry syrup, reserved pan juices and red currant jelly. Stir over medium heat until boiling, reduce heat, cook 2 minutes. Remove from heat, add cherries.

### ORANGE SAUCE

- |                         |                         |
|-------------------------|-------------------------|
| 3 oranges               | 3 teaspoons arrowroot   |
| 1 tablespoon sugar      | ½ cup sweet sherry      |
| 2 teaspoons vinegar     | ¼ cup Grand Marnier (or |
| 2 cups chicken stock    | other orange liqueur)   |
| 2 teaspoons lemon juice | salt, pepper            |

Remove rind from 1 orange (without any white pith). Cut rind into thin strips, drop strips into boiling water, cook 3 minutes; drain.

Add sugar and vinegar to pan in which duck was cooked, cook over gentle heat until sugar caramelises. Add strained pan juices, stock, orange and lemon juices and the blanched strips of orange rind. Cook rapidly until sauce is reduced in quantity by half. Blend arrowroot and sherry, stir gradually into sauce, stir until sauce boils and thickens; reduce heat, simmer 2 minutes. Season with salt and pepper.

Just before serving, stir in orange liqueur. Spoon the hot orange sauce over each serving of duckling or serve sauce separately.

## CHICKEN A LA KING



## CHICKEN A LA KING

1.5 kg (3 lb.) chicken pieces  
 ½ small green pepper  
 ½ small red pepper  
 30 g (1 oz.) butter  
 15 g (½ oz.) butter, extra  
 125 g (4 oz.) mushrooms  
 1 onion

1 tablespoon flour  
 salt  
 1 cup milk  
 3 egg-yolks  
 2 teaspoons lemon juice  
 ½ teaspoon paprika  
 2 tablespoons dry sherry

Steam or boil chicken until tender, remove meat from bones and cut into bite-size pieces. Reserve 1 cup of the chicken stock for sauce.

Remove pith and seeds from peppers. Chop peppers, chop onion finely, slice mushrooms; saute vegetables in melted butter until onion is transparent. Remove from pan. Add extra butter to pan; when hot, sprinkle in flour and salt; cook, stirring, 2 minutes. Gradually blend in milk and reserved chicken stock. Stir over gentle heat until sauce boils and thickens, simmer 3 minutes.

Stir a little of the hot sauce into beaten egg-yolks, return to saucepan. Add lemon juice, paprika, chicken pieces and vegetables. Reheat gently, but do not allow to boil. Just before serving, stir in sherry. Serve with rice.

**Serves 4.**



## **ORANGE CHESTNUT CHICKEN**



## **ORANGE CHESTNUT CHICKEN**

**1.5 kg (3 lb.) chicken**  
**90 g (3 oz.) butter**  
**1 cup orange juice**  
**½ cup water**

**1 teaspoon sugar**  
**1 chicken stock cube**  
**salt, pepper**  
**1 tablespoon cornflour**

Press prepared Chestnut Stuffing into cavity of chicken and also at neck end; secure openings with skewers. Melt butter in baking dish, add chicken, brush with the melted butter. Bake in moderate oven 1½ hours or until chicken is tender, basting with pan juices occasionally.

Remove chicken from baking dish, keep warm. To pan juices add combined cornflour, orange juice, water, sugar and crumbled stock cube; stir until combined. Stir over heat until sauce boils and thickens. Reduce heat, simmer gently 3 minutes. Season with salt and pepper, strain. Serve sauce separately.

**Serves 4.**

## **CHESTNUT STUFFING**

**250 g (8 oz.) can unsweetened chestnut puree**  
**2 cups fresh breadcrumbs**  
**60 g (2 oz.) small mushrooms**  
**60 g (2 oz.) butter**

**1 tablespoon sweet sherry**  
**4 shallots or spring onions**  
**½ teaspoon thyme**  
**salt, pepper**

Heat butter in pan, add chopped mushrooms and chopped shallots, saute 3 minutes. Remove from heat, add sherry; mix well. Combine all ingredients. Mix well.

## WINE-CREAM CHICKEN WITH ARTICHOKE



## WINE-CREAM CHICKEN WITH ARTICHOKE

1.5 kg (3 lb.) chicken  
60 g (2 oz.) butter  
1 small onion  
2 teaspoons paprika  
2½ tablespoons flour  
1 cup dry white wine

½ cup sour cream  
salt, pepper  
440 g (14 oz.) can artichokes  
2 rashers bacon  
chopped parsley

Boil or steam chicken in usual way until tender; reserve 1 cup of the chicken stock. Melt butter in saucepan, add peeled and finely-chopped onion and paprika, saute until onion is tender. Add flour, stir until combined; remove from heat, gradually add reserved chicken stock and wine.

Return saucepan to heat, stir until sauce boils and thickens, reduce heat, simmer 2 minutes. Add sour cream, stir until combined, remove from heat, season with salt and pepper.

Remove chicken from bones, remove skin; cut chicken meat into bite-size pieces. Place chicken and drained artichokes into ovenproof dish, top with sauce. Cover, bake in moderate oven 20 minutes. Before serving, top with crumbled, crisp fried bacon and chopped parsley.

**Serves 4.**



## INDONESIAN CHICKEN



### INDONESIAN CHICKEN

- |                                 |                              |
|---------------------------------|------------------------------|
| 1.25 kg (2½ lb.) chicken pieces | 2 tablespoons peanut butter  |
| 1 cup coconut                   | 1 tablespoon coriander       |
| 1 cup boiling water             | 1 tablespoon water           |
| ½ teaspoon turmeric             | 2 medium onions              |
| 1 teaspoon salt                 | 2 cloves garlic              |
| 1 teaspoon ground ginger        | 2 tablespoons oil            |
| ½ teaspoon black pepper         | ½ teaspoon grated lemon rind |
| ½ teaspoon cayenne              |                              |

Pour the boiling water over the coconut, let stand 15 minutes. Strain through a fine strainer, pushing with a spoon to extract maximum flavor from coconut. Retain coconut liquid, discard coconut.

Combine turmeric, salt, ginger, pepper, cayenne, peanut butter and coriander with the 1 tablespoon water, mix to a fine paste. Saute finely-chopped onions and crushed garlic in hot oil 2 minutes. Add the peanut butter paste, saute further 2 minutes.

Remove from heat, allow to cool. Rub chicken pieces well with this mixture, let stand in covered bowl 1 hour to allow chicken to absorb flavors.

Combine the coconut liquid and lemon rind in a large saucepan. Bring to boil, add chicken pieces with any remaining paste, reduce heat, cover and simmer 35 minutes or until chicken is tender.

Remove chicken pieces from pan, brown lightly under hot griller, basting with sauce from the pan. Spoon any of the remaining sauce over the chicken pieces.

**Serves 4.**

**CHICKEN IN BEER****CHICKEN IN BEER**

1.5 kg (3 lb.) chicken (or  
chicken pieces)  
flour  
salt, pepper

90 g (3 oz.) butter  
1 onion  
2 739 ml (26 oz.) bottles beer

Joint chicken, toss in flour seasoned with salt and pepper. Heat butter in frying pan, add chicken pieces, brown well, remove from pan. Pour off surplus fat, leaving 2 tablespoons in pan; add peeled and finely-chopped onion, saute until golden brown.

Add beer, bring to boil. Place chicken into flame-proof dish, pour beer over. (There should be enough beer to cover chicken; it may be necessary to add another half-bottle.) Bake, uncovered, in moderately hot oven 30 minutes.

Remove dish from oven, place dish over direct heat; evaporate liquid until sauce is reduced and thickened. (If a flame-proof dish is not available, return chicken and sauce to frying pan to evaporate liquid.)

**Serves 4.**



## SHERRIED ORANGE CHICKEN



## SHERRIED ORANGE CHICKEN

- |                          |                                 |
|--------------------------|---------------------------------|
| 4 chicken breasts        | ¼ teaspoon ground ginger, extra |
| 2 tablespoons flour      | ¼ teaspoon salt, extra          |
| ½ teaspoon paprika       | 1 tablespoon cornflour          |
| ½ teaspoon salt          | 1 tablespoon water              |
| ¼ teaspoon ground ginger | 4 shallots or spring onions     |
| 30 g (1 oz.) butter      | 60 g (2 oz.) slivered almonds   |
| 2 tablespoons oil        | 30 g (1 oz.) butter, extra      |
| 1 cup orange juice       |                                 |
| ⅓ cup dry sherry         |                                 |

Skin chicken breasts, cut in half. Combine flour, paprika, salt, ginger; coat chicken breasts lightly with this flour mixture. Heat butter and oil, gently saute chicken pieces until golden brown.

Add orange juice, sherry, extra ginger and salt to pan; cover, reduce heat, simmer 25 to 30 minutes or until cooked. Remove chicken pieces to heated serving plate.

Combine cornflour and water, add to pan; stir until mixture boils and thickens; add chopped shallots, pour over chicken.

Saute almonds in the extra butter until lightly browned, drain; sprinkle over chicken. Serve with hot rice.

**Serves 4.**

## CHICKEN PIE



## CHICKEN PIE

375 g (12 oz.) packaged puff  
pastry  
1.25 kg (2½ lb.) chicken  
60 g (2 oz.) butter  
⅓ cup flour  
2 tablespoons cream  
125 g (4 oz.) mushrooms

3 shallots or spring onions  
1 tablespoon chopped  
parsley  
½ small red pepper  
30 g (1 oz.) butter, extra  
2 hard-boiled eggs  
1 egg yolk, for glazing

Steam or boil chicken in usual way until tender; reserve 2 cups of the strained stock. Remove skin and bones from chicken, chop meat into 2.5 cm (1 in.) pieces.

Melt butter in saucepan, add flour, cook 1 minute; gradually add reserved stock. Stir until mixture boils and thickens. Reduce heat, simmer 2 to 3 minutes, remove from heat, add cream. Melt extra butter in frying pan, add sliced mushrooms, chopped shallots and red pepper, saute 3 to 4 minutes. Add to sauce with parsley and chicken. Cool completely.

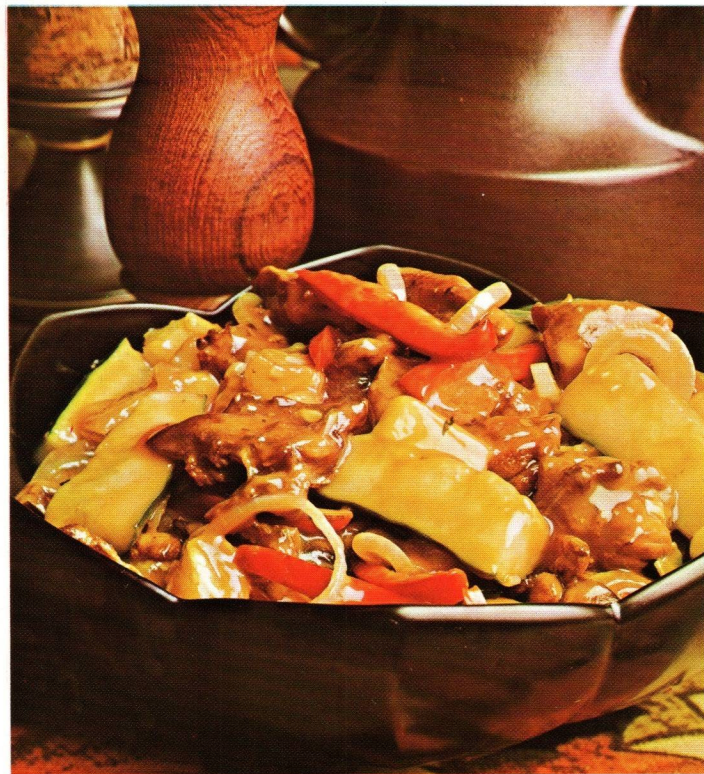
Place filling into 20 cm (8 in.) pie dish, top with sliced hard-boiled eggs.

Roll out pastry to cover top of pie dish, dampen edge of pie dish with beaten egg. Carefully place pastry in position on top of pie, trim and flake edges. Glaze with beaten egg-yolk, decorate if desired. Make a slit in top of pastry to allow steam to escape. Bake in very hot oven 10 minutes, reduce heat to moderately hot, cook further 10 to 15 minutes.

**Serves 4 to 6.**



## SWEET AND SOUR CHICKEN



## SWEET AND SOUR CHICKEN

1.5 kg (3 lb.) chicken  
 2 tablespoons soy sauce  
 1 tablespoon sugar  
 ½ teaspoon salt  
 1 tablespoon dry sherry  
 1 egg-yolk  
 2 tablespoons oil  
 2 onions  
 8 shallots or spring onions

125 g (4 oz.) mushrooms  
 1 red pepper  
 1 medium cucumber  
 470 g (15 oz.) can pineapple pieces  
 oil for shallow frying  
 1 tablespoon cornflour  
 ¼ cup vinegar  
 1 tablespoon tomato sauce  
 salt, pepper

Bone chicken, cut into 4 cm (1½ in.) cubes. Combine soy sauce, sugar, salt, sherry and egg-yolk in large bowl, add chicken pieces, marinate 1 hour.

Heat 2 tablespoons oil in pan, add sliced onions, cook until transparent. Add chopped shallots, sliced pepper and mushrooms, cook further 5 minutes. Add cucumber, cut into chunky strips, and drained pineapple pieces (reserve syrup). Cook 2 minutes. Remove from heat. Drain chicken from marinade, reserve marinade.

Heat oil for shallow frying, cook chicken pieces until golden brown, drain well. Add chicken to vegetables.

Blend cornflour with reserved pineapple syrup, add vinegar and tomato sauce, stir into remaining marinade. Bring to boil, stirring constantly, season with salt and pepper. Pour sauce over chicken and vegetables, stir to coat evenly. Reheat gently. Serve with hot rice.

**Serves 4.**

**CHICKEN TIA MARIA****CHICKEN TIA MARIA**

1.5 kg (3 lb.) chicken (or  
chicken pieces)

60 g (2 oz.) butter

1¼ cups water

1 chicken stock cube

3 tablespoons Tia Maria

salt, pepper

½ cup cream

6 shallots or spring onions

470 g (15 oz.) can artichoke  
hearts

Cut chicken into serving-sized pieces. Heat butter in large frying pan; add chicken pieces, cook on both sides until golden brown. Add water and crumbled stock cube, cover pan, bring to boil. Reduce heat, simmer gently 30 minutes or until chicken is tender.

Remove chicken from pan, put on to serving dish, keep warm. Add drained, washed artichokes and Tia Maria to pan, bring to boil, reduce heat; simmer, uncovered, 5 minutes. Add cream, season with salt and pepper, simmer gently 5 minutes or until sauce thickens slightly. Add chopped shallots, spoon sauce over chicken.

**Serves 4.**



## CHICKEN PAPRIKA

## CHICKEN PAPRIKA



1.5 kg (3 lb.) chicken pieces  
 salt, pepper  
 60 g (2 oz.) butter  
 2 onions  
 1 small green pepper  
 1 tablespoon paprika

1 tomato  
 1 tablespoon tomato paste  
 1 cup water  
 1 chicken stock cube  
 ½ cup sour cream

Season chicken with salt and pepper. Melt butter in large pan, add chicken pieces, cook until golden brown on both sides. Add finely-chopped onions, pepper, paprika, and peeled, finely-chopped tomato. Continue cooking, covered, until vegetables and chicken are tender.

Remove chicken from pan, keep hot. Add tomato paste, water and stock cube to pan, blend well.

Strain mixture, pressing vegetables through sieve as much as possible; return liquid to heat, add chicken, bring to the boil, reduce heat. Add sour cream, reheat without boiling. Season with salt and pepper.

**Serves 4.**

## APRICOT CHICKEN

## APRICOT CHICKEN



1.5 kg (3 lb.) chicken pieces  
 2 medium onions  
 60 g (2 oz.) butter  
 1 tablespoon cornflour  
 470 g (15 oz.) can apricot  
 nectar

salt, pepper  
 125 g (4 oz.) dried apricots  
 ½ green pepper  
 ½ cup sour cream

Melt butter in large, heavy pan, brown chicken pieces well on both sides, remove from pan. Add chopped onions to pan, saute until transparent.

Blend cornflour into apricot nectar, add to pan, stir until sauce boils. Reduce heat, season with salt and pepper; add dried apricots, cut in halves. Return chicken to pan, simmer slowly, covered, until chicken is tender, stirring occasionally.

Add green pepper, cut into thin strips; cook further 5 minutes. Stir in sour cream, reheat gently.

**Serves 4.**



## MEXICAN CHICKEN



## MEXICAN CHICKEN

1.5 kg (3 lb.) chicken (or  
chicken pieces)

1 teaspoon salt

1 teaspoon paprika

½ cup oil

30 g (1 oz.) butter

1 teaspoon saffron

1 cup long-grain rice

3 cups chicken stock (or  
water and 3 chicken stock  
cubes)

1 bayleaf

1 red pepper

60 g (2 oz.) black olives

1 cup peas

Cut chicken into serving-size pieces. Season chicken with salt and paprika. Heat oil, saute chicken pieces until brown. Remove chicken from pan, drain off oil.

Melt butter in pan, add saffron and washed, uncooked rice. Cook a few minutes, stirring. Add stock, cover, simmer 10 minutes. Return chicken to pan, add bayleaf and chopped red pepper. Cover, simmer 30 to 35 minutes or until chicken is tender.

About 15 minutes before end of cooking time, add peas and olives, stir in gently.

**Serves 4.**

## CHICKEN POT ROAST



## CHICKEN POT ROAST

1.5 kg (3 lb.) chicken  
 3 tablespoons flour  
 500 g (1 lb.) potatoes  
 500 g (1 lb.) small onions  
 3 large carrots

2½ cups water  
 1 chicken stock cube  
 30 g (1 oz.) butter  
 2 tablespoons oil  
 salt, pepper

Fill cavity of chicken with stuffing, secure opening. Heat butter and oil in large pan, add chicken, brown well on all sides, remove from pan. Add flour to pan, stir until golden brown, remove pan from heat, add water, stir until combined. Return to heat, stir until sauce boils and thickens. Add crumbled stock cube, season with salt and pepper.

Return chicken to sauce, cover, reduce heat, simmer gently 1 hour. Add peeled and quartered potatoes, peeled carrots cut in large pieces, and whole peeled onions; simmer a further 30 minutes or until vegetables are tender.

**Serves 4.**

## STUFFING

1 onion  
 3 rashers bacon  
 125 g (4 oz.) sausage mince  
 2 tablespoons chopped  
 parsley

¼ teaspoon rosemary  
 ½ teaspoon thyme  
 1 cup fresh breadcrumbs  
 (firmly packed)  
 salt, pepper

Put peeled and chopped onion, chopped bacon and sausage mince in pan, stir over low heat until onion is transparent. Remove from heat, add breadcrumbs, parsley, rosemary, thyme, season with salt and pepper.



**CHICKEN CURRY****CHICKEN CURRY**

1.25 kg (2½ lb.) chicken  
 1 cup coconut  
 2 cups warm water  
 60 g (2 oz.) butter  
 1 onion  
 1 clove garlic  
 ½ red pepper  
 1 cm (½ in.) piece green  
     ginger

2.5 cm (1 in.) stick  
     cinnamon  
 2 tablespoons curry  
     powder  
 4 tablespoons flour  
 1 tablespoon brown sugar  
 salt, pepper  
 1 tablespoon lemon juice  
 ¼ cup dry white wine  
 ¼ cup cream

Steam or boil chicken in usual way; when cooked, remove chicken from saucepan, reserve 1 cup chicken stock. Remove skin from chicken, remove meat from bones. Cut chicken meat into large pieces.

Pour the warm water over coconut, allow to stand for 30 minutes. Strain, pressing coconut to get as much flavor as possible from the coconut into the liquid; discard coconut, reserve liquid.

Melt butter, saute sliced onion, pepper, crushed garlic, chopped ginger and cinnamon. Add curry powder, flour and brown sugar, cook 3 minutes. Remove from heat, add reserved chicken stock and coconut liquid. Return to heat, stir until sauce boils and thickens; reduce heat, simmer 5 minutes. Season with salt, pepper and lemon juice. Stir in white wine, cream and chicken, stir gently until heated through. Serve with hot fluffy rice.

**Serves 4.**

**CHICKEN CACCIATORE****CHICKEN CACCIATORE**

1.5 kg (3 lb.) chicken (or  
chicken pieces)

60 g (2 oz.) mushrooms

1 large onion

2 cloves garlic

1 tablespoon oil

470 g (15 oz.) can whole  
tomatoes

1 bayleaf

½ cup red wine

salt, pepper

Slice mushrooms and onion, crush garlic. Joint chicken. Heat oil in pan, fry chicken pieces until golden brown. Remove from pan, drain well.

Add onion, mushrooms and garlic to pan, saute until onion is tender. Return chicken pieces to pan, add undrained, mashed tomatoes, bayleaf and wine; cook slowly, covered, 45 minutes, or until chicken is tender. Season with salt and pepper. Remove bayleaf.

**Serves 4.**